THE MAYNARD SCHOOL EXETER

Lunch Menu

Week commencing: **02/11/26**

Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**Main Course**	**Main Course**	**Main Course**	**Main Course**
Beef Bourguignon with Crusty Sourdough — DF, 2 D	Mac N Cauliflower Cheese & Bacon Crisp — 7 2 J	Roast Loin of Pork with Apple Sauce — J	Katsu Chicken — 2 4 7	Battered Cod — V, 2 4 7 5
Asian Stir Fry — V, 2 H	Vegetarian Chilli Con Carne — V, A H	Cheese and Onion Pie — V, 2 4 7	Pea Risotto — V, 7	Baked Cheesy Pepper — V, 2 5
Baked Potato with melting Cheese n Beans — V, 7	Mushroom Omelette — V, 4 7	Veggie Lasagne — V, 2 4 7	3 Cheese Pasta — V, 2 7	Italian Spaghetti with Tomato Sauce — V, 2 J
Sides	**Sides**	**Sides**	**Sides**	**Sides**
Boiled Potatoes — V, 2	Boiled Rice	Roast Potatoes — V	Spicy Fries — V, GF	Oven Chips — V, VG, GF, DF
Chunky Carrots — V, VG, GF, DF	Buttered Courgettes — V, 7	Cauliflower Cheese — V, 2 7	Sweetcorn — V, VG, GF, DF	Peas — V, VG, GF, DF
Peas — V, VG, GF, DF	Mix Vegetables — V, VG, GF, DF	Green Beans — V, VG, GF, DF	Steamed Broccoli — V, VG, GF, DF	Baked Beans — V, VG, GF, DF
Dessert	**Dessert**	**Dessert**	**Dessert**	**Dessert**
Fresh Fruit Salad — V, VG, GF, DF	Fresh Fruit Salad — V, VG, GF, DF	Fresh Fruit Salad — V, VG, GF, DF	Fresh Fruit Salad — V, VG, GF, DF	Fresh Fruit Salad — V, VG, GF, DF
Fruit Salad — V, 7	Fruit Salad — V, 7	Fruit Salad — V, GF, 7	Fruit Yogurt — V, GF	Fruit Yogurt — V, GF
Apricot Cake — V, 2 4 7	Lemon Sponge Cake — V, 2 4 7	Bakewell Tart — 2 4 7	Chocolate Pot with Citrus Shortbread — V, 2 4 7	Banoffe Pie — V, 2 7

KEY: V = Vegetarian **VG** = Vegan **GF** = Gluten Free **DF** = Dairy Free

Available every day: Jacket Potato, Salad Bar, Packed Lunch (must be pre-ordered), Fresh Fruit & Yoghurt

ALLERGENS (using FSA codes): Celery [1], Cereals (Gluten) [2], Eggs [4], Fish [5], Milk [7], Mustard [9], Nuts [10], Peanuts [11], Sesame Seeds [12], Soya [13], Sulphites [14]

INTOLLERANCES: Tomato Products [A], Capiscum Products [B], Soft Fruit Products [C], Beef [D], Aubergine [E], Apple [F], Oranges [G], Onion [H], Pork [J]

Please be aware we use all types of feeds in our kitchens. We have eliminated Palm Oil ingredients where currently possible. Substitute menus are available but may be an additional charge.